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A close-up photograph of an elderly woman with grey hair, looking directly at the camera with a weary expression. She is wearing a blue denim jacket over a pink and white checkered shirt. Her right arm is resting on a surface, and she is holding a green apple in her hand.

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Alan Alda takes on war once more. 23

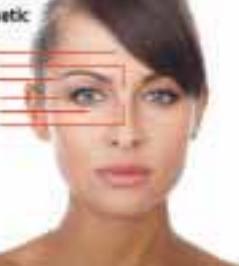
Mets continue trek to reach World Series. 31

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GIANT PAIN

Eli Manning and the banged-up Giants take on the Eagles tonight in Philly in a key NFC East showdown. 32



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ZOMBICON SHOOTING

1 A shooting at a Florida Zombicon event killed one person and injured four others, the Fort Myers Police Department said on Sunday in a social media post. Police asked attendees to share smartphone video from the incident at an event expected to draw more than 20,000 people. **REUTERS**



SANAFI AL-NASR KILLED

2 A U.S.-led coalition air strike has killed Sanafi al-Nasr, a Saudi citizen and the leading financier for al Qaeda and its Khorasan Group offshoot, the Pentagon said on Sunday. The Pentagon said al-Nasr had organized routes for new recruits to travel from Pakistan to Syria through Turkey and played a significant role in the group's finances. He was killed in an air strike on Thursday in northwest Syria, it said. Al-Nasr worked for al Qaeda's Iran-based network before taking charge of the militant group's finances in 2012. **REUTERS**

FIVE MIGRANTS DROWN

3 Five people, including a baby and two children, drowned and one was missing in two separate incidents of migrants trying to reach Greece from nearby Turkey on Sunday. The service said a sailboat early on Sunday reported it had recovered the body of a baby and had rescued 11 migrants off the Kastellorizo island. **REUTERS**



VEGETARIAN FESTIVAL

7 Devotees of the Chinese Bang Neow Shrine carry an idol on a palanquin as firecrackers explode during the annual Vegetarian Festival in the southern Thai town of Phuket on October 18, 2015. During the festival, which begins on the first evening of the ninth lunar month and lasts nine days, religious devotees slash themselves with swords, pierce their cheeks with sharp objects and commit other painful acts to purify themselves, taking on the sins of the community. **GETTY IMAGES**



ALL PHOTOS GETTY IMAGES

MERKEL IN A BIND

4 German Chancellor Angela Merkel offered Turkey financial aid and the prospect of faster progress on its bid to join the European Union on Sunday in return for badly-needed help in stemming the flow of migrants to Europe. Merkel said Germany could help accelerate the path to visa-free travel to the EU for Turks. **REUTERS**



VEHICLES MIRED IN MUD

5 Crews reopened a key portion of a major California highway closed when flash floods sent a torrent of mud and debris onto the roadway, trapping dozens of motorists, officials said. All lanes of Interstate 5, which runs from Mexico to Canada, were reopened, the California Highway Patrol said. Two major roadways were closed on Thursday when flash floods hit parts of the state. Forecasters warned of possible thunderstorms that could trigger more flash floods going into the weekend. **REUTERS**

EGYPT'S ELECTION

6 Egyptians turned out in low numbers on Sunday to vote in the first phase of an election hailed by President Abdel Fattah al-Sisi as a milestone on the road to democracy but shunned by critics who say the new chamber will rubber stamp his decisions. **REUTERS**



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BRIEFS

Cops look for man tied to Queens woman found dead in bathtub

Investigators want to track down a man for questioning in the death of a Queens woman who died on Saturday after she was found with severe burns in a bathtub.

Authorities are on the lookout for Carlos Leon, also known as Carlos Alvarado, the victim's husband.

Police said Miriam Velez-Samayo, 28, was killed in her

Jamaica apartment on 90th Avenue early Saturday.

Officers and emergency personnel arrived at around 4:04 a.m. to calls of a possible assault in progress when they found Velez-Samayo in her bathroom with severe burns across her entire body after being set on fire.

Paramedics declared Velez-Samayo dead at the scene.

It was unclear whether she died before or after the

fire was set; the city's medical examiner's office was still determining the exact cause of Velez-Samayo's death.

The Daily News reported that Velez-Samayo and Leon planned on going to Guatemala to visit Velez-Samayo's mother, and that Leon might already be on a flight out of the country, although it's unclear if he boarded the scheduled flight.

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Warm temps after NYC cold snap

Last night's low temps were "well below normal."



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New Yorkers survived the coldest night of the season so far only to wake up to still unseasonably chilly weather.

With temperatures hitting the low 30s overnight, most of Monday is expected to stay in the low 50s.

Joe Pollina of the National Weather Service noted the cold as "well below normal," with temperatures across the city typically falling to the low 60s this time of year.

But folks across the five boroughs can proba-

bly put the heavy jackets and gloves away come Tuesday and the days following, when Pollina said temperatures will likely hit the high 60s and possibly low 70s.

While New York City was immune from any reports of snow, the National Weather Service confirmed that parts of Long Island reported seeing snow flurries as it issued a freeze warning.

And as atypically warm as New York will be come Tuesday, Pollina said sweater weather isn't quite gone yet.

"But we have the rest of fall and all of winter left to go," he said.

Flurries also reached parts of Massachusetts, including the Boston area, which saw more than 110 inches of snow fall last winter.

"We have the rest of fall and all of winter left to go."

Pollina



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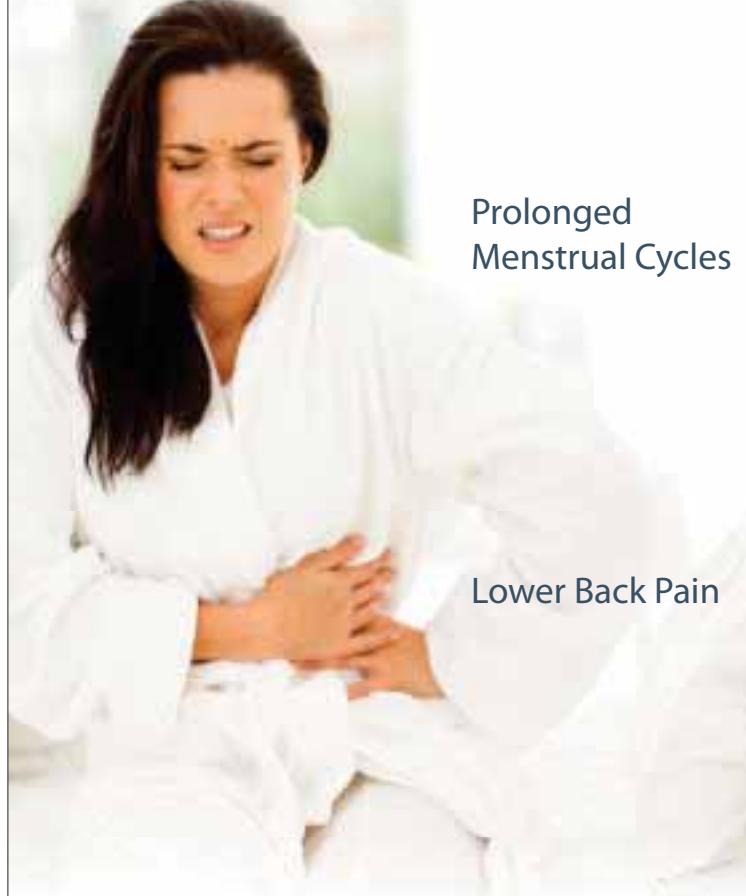
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Kidsfest arts program in Red Hook

Kidsfest, a fundraiser for Free Arts NYC's educational arts mentoring programs, was held at Pioneer Works in Red Hook on Sunday. The organization said the proceeds from the event will benefit programs for underserved youth and families. **METRO**



Maxwell Taylor, 9, of Manhattan, plays with "Multi-Layer Murals." **ALL IMAGES BY MILES DIXON**



An Arts & Crafts table at Kidsfest NYC



Thomas Stevens, 8, of Brooklyn, makes Halloween cookies.



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Exclusive: New NYPD protest patrol unit to use bicycles for crowd control

Top cop Bill Bratton told Metro the 800-strong Strategic Response Group will be equipped with bikes, scooters for protest duties.

 **WENDY JOAN BIDDLECOMBE**
Wendy.Biddlecombe@metro.us

The NYPD unit recently created for policing protests will learn how to use bicycles for crowd control.

Police Commissioner Bill Bratton recently told Metro that the 800 officers to be hired for the department's Strategic Response Group will get training on how they can use two-wheelers to keep an eye on large public events.

"Part of the standard equipment will be bicycles," Bratton said, "because they're going to deal with crowd-management control, bicycles give them great mobility. They effectively serve as portable barriers."

The idea isn't entirely novel. The NYPD has been training beat offi-



Demonstrations of NYPD's mobile transportation training drills at their Floyd Bennett Field, Brooklyn facilities on Wednesday, October 14. **HANNAH MATTIX**

cers on bikes for general patrols for years, and the department used scooters to ride along Occupy Wall Street marches.

But the use of bikes as a form of crowd control at protests would be new to the NYPD, despite other police departments having used

bikes in recent years to do just that.

In 2012, the Chicago Police Department deployed bicycle patrols at a NATO summit to ride alongside a march, and used the bikes to block bank buildings targeted by more aggressive protesters.

"You saw the difficulties we had last year chasing these characters around demonstrations, texting where they were going to be and having these jump-up demonstrations," Bratton said of the many marches inspired by the Black Lives Matter movement last winter.

"One of the ways to deal with them, and so I know where my officers are, are bicycles," the commissioner said. "They can pedal faster than they can walk, block off whole streets so they cannot get by, and coordinate with the

helicopters as a new way of doing crowd management and crowd control."

An NYPD spokesman said the officers assigned to the SRG unit will receive an "unprecedented" amount of preparation, with the two-wheeled training

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expected by its second round of trainings in 2016.

That training includes how to properly push back on protesters and crowds to keep them on the sidewalk, and how to resist an advancing crowd.

Police Officer Damian Korman did some of the same when his unit patrolled Zuccotti Park during Occupy Wall Street for about 16 hours one day.

"I would say 90 percent of the time we were just riding along them," Korman said of the marches he helped observe.

One of the men tasked with training cops on the proper use of bikes and scooters said expanded use of either in protest situations can have an immediate effect on marchers.

"On the bikes, you're not there with a riot helmet and bats, and I think the protesters look at you like you're a little less intimidating," said NYPD Lt. Louis Perez, who has been training officers to ride scooters and bikes for the last 12 years.

"We just ride alongside them, and we're there to protect them," Perez added. "It's less aggressive."

However, some police observers said they're

less concerned with the optics of cops and bikes.

Civil rights attorney Norman Siegel told Metro there's not much need for a police unit specifically targeting protesters, but if there is, that officers should get a history lesson too.

"Officers that are in this unit need to understand the significance of the First Amendment right to protest, and the training should explain in detail what the First Amendment is," Siegel said.

Mark Winston Griffith, executive director of the Brooklyn Movement Center, said he was generally concerned with what he described as a lack of transparency when it comes to what the SRG polices.

"There's been a history of the NYPD conducting surveillance on their own residents based on political views and actions, which quite frankly is protected by the Constitution," Griffith said. "I don't know, at the end of the day, what is going to be classified as protest."

"They can pedal faster than they can walk."

Bratton

BRIEFS

Woman sexually assaulted, robbed in her Bushwick apartment building

A woman survived a robbery and sexual assault in her own Brooklyn apartment building's lobby, police said Saturday.

But cops are still on the hunt for the man who attacked her on Oct. 15.

Authorities said the unidentified man followed the 22-year-old woman as she walked into her apartment building on

Evergreen Avenue at around midnight.

That's when the man brandished a kitchen knife and forced the woman onto the building's fourth-floor landing.

The woman handed the assailant her pocketbook before he forced her to commit a sex act on him at knife point, investigators said.

The man then ran away from the scene and the woman called police. She was taken to a

local hospital for treatment and released soon after.

Officials described the suspect as a black man in his mid to late 20s, around 6-feet tall and weighing about 180 pounds.

A police sketch of the suspect showed him wearing a dark baseball cap.

The NYPD asks that anyone with information in regards to this incident call the NYPD's Crime Stoppers Hotline at 800-577-TIPS. CHESTER SORIA



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BRIEFS

Brooklyn man killed in Sunday morning shooting

A 28-year-old man died Sunday after authorities found him bleeding on the floor not far from his East New York apartment.

Cops said they arrived at a home on Pitkin Avenue near Van Siclen Avenue at around 10:15 a.m. to find Troy Mitchell on the floor of the building doorway.

Paramedics at the scene rushed him to Brookdale Hospital, but doctors declared him dead soon after.

The shooter was at large as of Sunday evening.

Cops seek two men suspected of robbing Bronx woman after flashing gun

Authorities are on the lookout for two men who flashed a gun at a Bronx woman before taking off with her cash.

Police said Sunday that the 48-year-old woman was walking up to West 176th Street and Grand Avenue in Morris Heights on Sept. 29, when the two men

approached her at around 5:30 p.m.

After the two men threatened the woman and grabbed an undetermined amount of money from her, the two robbers jumped into a white Honda Accord and drove off.

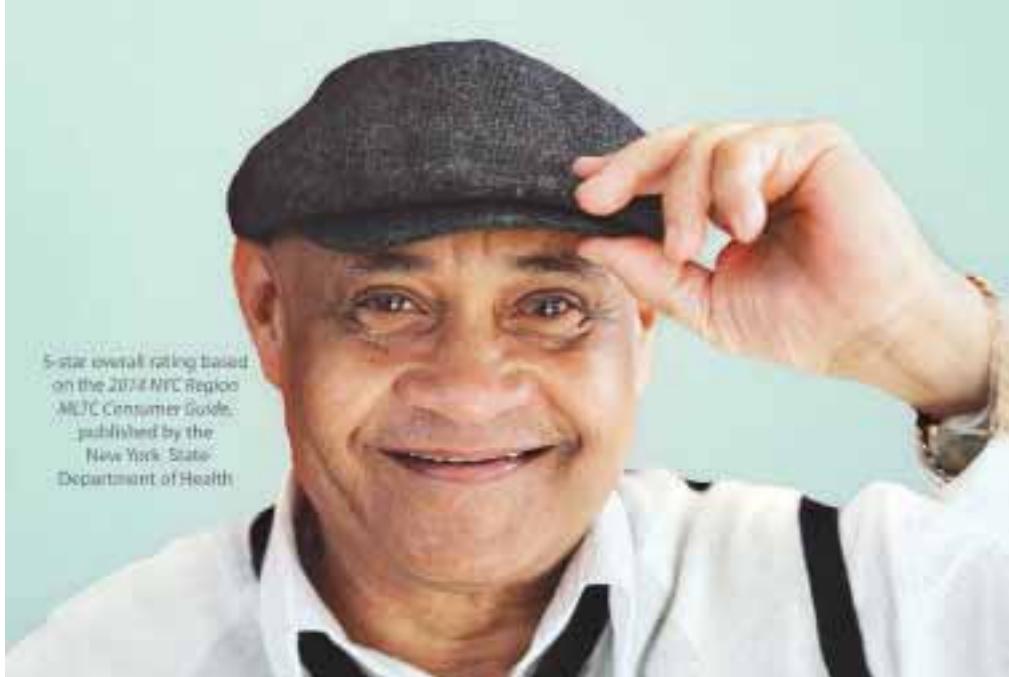
Investigators were unable to say where the robbers drove off to, but said there were no injuries as a result of the attack.

Cops released surveillance images of the two men, both described as black.

One of the men, who was said to have a medium complexion, was last seen with a beard and wearing a blue sweater with black or gray sweatpants.

The second man was last seen wearing a black hoodie, camouflage pants and black sneakers.

The NYPD asks that anyone with information regarding the incident or either of the suspects anonymously call the NYPD's Crime Stoppers Hotline at 800-577-TIPS or text their tips to 274637 (CRIMES) then enter TIP577. CHESTER SORIA



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Reputed NY mobster faces trial for 1978 'Goodfellas' heist

Vincent Asaro's
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For nearly four decades,
it remained one of America's most infamous unsolved crimes: On Dec. 11, 1978, a crew of masked men stole \$6 million in cash and jewelry from a Lufthansa Airlines cargo building at John F. Kennedy Airport in New York.

The brazen heist, which helped inspire the gangster movie "Goodfellas," left authorities largely frustrated until last year, when federal prosecutors in Brooklyn charged Vincent Asaro, a member of the Bonanno organized crime family, with participating in the theft.

Most of the other suspected participants in the robbery disappeared, were killed or died, making it difficult for authorities to piece the case together.

"Once you kill one guy, you gotta kill them all, because otherwise they'll get scared," said Howard Abadinsky, an or-



An estimated \$5 million in cash and \$875,000 in jewelry was stolen during a 1978 Lufthansa heist robbery at JFK Airport. An employee shows FBI agents where he and others were tied during robbery. GETTY IMAGES

ganized crime expert and a professor at St. John's University in New York. "He's one of the few guys that's still alive."

Asaro, now 80, is accused of a litany of crimes stretching from 1968 to 2013, including murder, racketeering, arson and robbery. He was arrested alongside four other alleged members of the Bonanno family, who were charged with crimes unrelated to the Lufthansa heist.

Those defendants, Asaro's son Jerome, Jack Bonventre, Thomas Di-
REUTERS

Fiore and John Ragano, all pleaded guilty and were sentenced to prison terms ranging from 21 to 90 months.

Asaro's defense lawyer, Gerald McMahon, did not respond to a request for comment but has said Asaro denies all the allegations.

The only man ever convicted for the Lufthansa heist was Louis Werner, a cargo agent and the inside man. Werner passed along the idea for the robbery in order to settle gambling debts.

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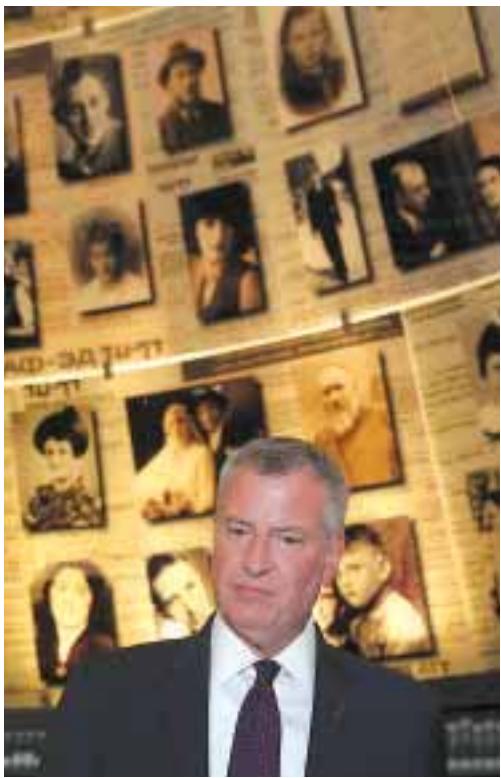


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Mayor Bill de Blasio's trip to Israel



New York Mayor Bill de Blasio looks at pictures of Jewish Holocaust victims at the Hall of Names on October 18, 2015, during his visit to the Yad Vashem Holocaust Memorial museum in Jerusalem, commemorating the six million Jews killed by the German Nazis and their collaborators during World War II. **GETTY IMAGES**



De Blasio prays after placing a wish paper at the Western Wall, Judaism's holiest site, in the old city of Jerusalem, on Oct. 18, 2015.



Mayor de Blasio lays a wreath at the Hall of Remembrance on Oct. 18, 2015, during his visit to the Yad Vashem Holocaust Memorial museum in Jerusalem.

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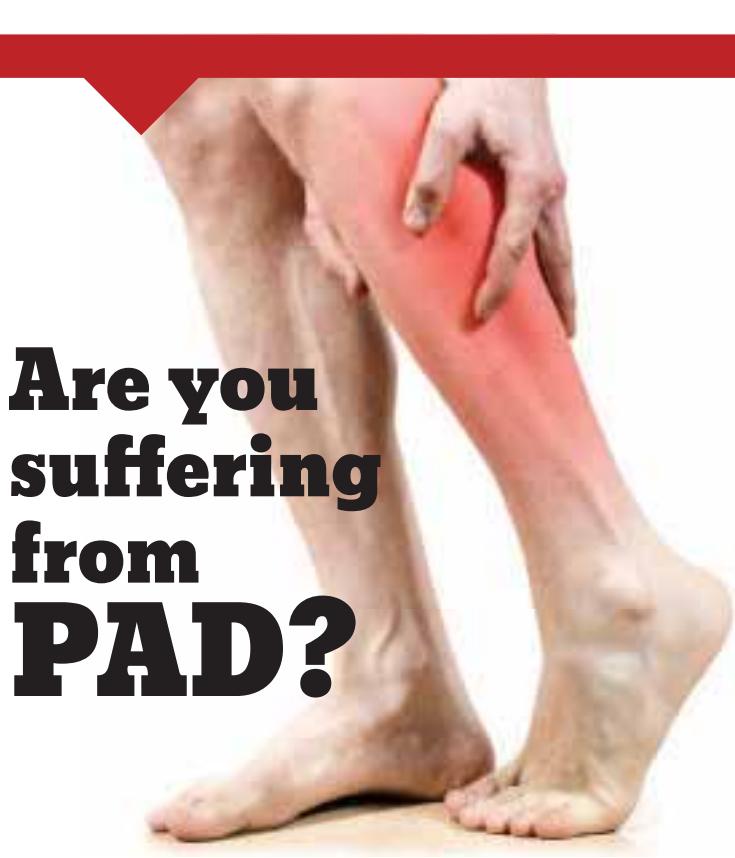
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STEAM HEAT!

Like lobsters in a pot, politicos are furiously yanking each other down into the hot water even as some try to crawl out of their troubles. So here are my three things to watch this week in politics ... fresh from the steamer!

1. TURNING UP THE BURNERS: Hillary Clinton and her supporters say the congressional probe into Benghazi is just a GOP recipe to roast her. Actually, a top Republican kind of said that too. But the inquiry continues and the headlines this week will come when the candidate herself climbs onto the stove Thursday. You can expect the candidate to act indignant, for her questioners to act irate, and for both sides to act like they won when it is over.

2. GAINING STEAM — AND LOSING IT:

When it comes to campaign fundraising on the Dem side, Bernie Sanders is catching up with Hillary Clinton. But the real pressure is building around the GOP'ers. Campaign finance reports show steam building for the self-professed outsiders, with Ben Carson raking in the most — almost \$21 million over the summer — and Carly Fiorina doing well too. Trump, of course, is largely using his own money. But

TOM FOREMAN

Opinion

Tom Foreman is a CNN correspondent and author of the book "My Year of Running Dangerously."



Bush, Christie and Kasich seem to be struggling; and Jindal, Pataki and Gilmore barely have enough money to buy a nice house in D.C., let alone win the White House. Anyone cold enough to drop out this week? Maybe.

3. THE WATCHED POT:

And the Joe Biden waiting game goes on. Will he jump into the presidential pot or not? Actually, since there is no conventional wisdom on this anymore, I'm hesitant to say anything for fear of a development before you even get to read this. But assuming it doesn't happen by Monday, I do think there is a good chance we'll finally get an answer before this week is out. And the Cubs may win the World Series. So there are two completely unqualified predictions. Never say I wasn't bold.



Bernie Sanders and Hillary Clinton Getty Images

Suspect dead after killing deputy at Minn. hospital



St. Cloud Hospital in Minnesota GOOGLE MAPS

A sheriff's deputy was shot and killed on Sunday by a suspect who was being guarded at a Minnesota hospital, and the assailant later died, state authorities said.

The deputy, who was guarding a person under investigation, was shot and killed around 5:15 a.m. CDT at St. Cloud Hospital, according to the Minnesota Depart-

ment of Public Safety.

Security officers responded and "subdued" the suspect, who later died, the agency said. No other hospital patients or staff were injured during the incident, which was confined to a patient room.

St. Cloud is located about 60 miles northwest of Minneapolis.

REUTERS

BRIEFS

Two injured in separate shark attacks off Hawaii

Two men have been seriously injured in separate shark attacks off Hawaii within the space of a few hours, local media reported on Sunday.

A 44-year-old man was swimming toward a beach in Kailua on the island of Oahu when he was attacked shortly before noon on Saturday, the Honolulu Star-Advertiser reported. He sustained injuries to his lower legs.

Later in the day, a 32-year-old was bitten on his left foot as he swam off a beach in Honolulu, the television station KITV reported.

The attacks were the sixth and seventh reported in the waters off Hawaii this year, the Star-Advertiser said. REUTERS



Kailua Beach Getty Images

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TODAY!

United remains silent on the medical condition of their CEO

The 56-year-old's health problems come barely a month after Munoz took on the job of improving the profitability and reputation of United.

United Continental declined to provide details about the medical condition of its new chief executive officer on Sunday, days after the airline said Oscar Munoz was admitted to the hospital and a person familiar with his health said he suffered a heart attack.

A spokeswoman for



United Continental Holdings Inc CEO Oscar Munoz is seen in an undated handout picture courtesy of United Airlines. UNITED AIRLINES/HANDOUT

the Chicago-based company told Reuters by email on Sunday morning that it did not have an update to share yet. It is not known where Munoz is being treated.

United acknowledged in a statement that Mu-

noz's family informed the company he had been hospitalized the day before, and said it would provide "further details as appropriate." A person familiar with the matter confirmed that he had suffered a heart attack.

United has an obligation to disclose material developments, wrote John Coffee, a professor specializing in corporate governance issues at Columbia University's law school, in an email. "It is the obligation of the company to keep the market informed of material developments and this seems clearly material to me," Coffee wrote.

It is puzzling why the company has not stated who will take over for Munoz in the meantime, said Greg Taxin, chief investment officer of New York-based Luma Asset Management, and founder of corporate governance research firm Glass, Lewis & Co. REUTERS

BRIEFS

Chicago boy, 6, accidentally shoots, kills brother, 3: Police

A Chicago man has been charged with child endangerment after his three-year-old son was shot and killed by his six-year-old brother while the two were playing, police said on Sunday.

The 6-year-old found the loaded revolver on top of the refrigerator and shot little brother Eian Santiago in the head on Saturday evening, according to police and the Cook County Medical Examiner's office. The older brother's name was not disclosed.

The boy's father, Michael Santiago, 25, was arrested and charged with child endangerment, a felony. He appeared in court on Sunday, but bond details were not immediately available.

"He was a beautiful kid. It's real crazy," the grandfather, Israel LaSalle, said in a tearful interview on CLTV, a local television station.

The shooting happened at about 9:05 p.m. CDT in the Humboldt Park neighborhood in northwest Chicago. The three-year-old was carried by a family member a block away to Norwegian American

"That's why parents should never have guns in the house."

LaSalle

Hospital, and then transported to Mount Sinai Medical Center, where he was pronounced dead shortly before midnight, officials said.

Michael Santiago told police he was a former member of the Spanish Cobras street gang and had purchased the gun from a gang member for protection, police spokesman Anthony Guglielmi, told the Chicago Tribune.

At the bond hearing, Cook County Assistant State's Attorney Joseph DiBella said the shooting happened when the children were in the care of their grandfather while Santiago was at work and his wife was at the store with a younger child, age one, according to DNAInfo.com.

REUTERS

STRAIGHT Talk



Erectile Dysfunction (E.D.) When the "Magic Pill" isn't so magic

Erectile dysfunction (E.D.) affects more than 30 million men in the U.S. It is especially common in men with **prostate surgery, diabetes, high cholesterol, high blood pressure and obesity**. However, it is now possible to treat almost all men with E.D! E.D. undermines a man's sexual confidence—but successful treatment can restore it!

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“Fraction Of An Inch” Success And Failure With Popular Vital Information All Knee Arthritis Sufferers

By Matt Edgar-Health Writer

Manhattan - In just a moment I'm going to tell you about a very "candid" and somewhat embarrassing moment I had with a doctor.

A moment most doctors would not want you to know about.

As I reveal what happened in that moment - it will become clear to you not only why this doctor has so much success treating knee arthritis pain... but you will also discover a possible way to relieve some or all of your pain, too.

But before I tell you all that - let me ask you this:
How would you like to finally have a real medical solution for your knee arthritis pain?

Not some scam sold on an infomercial or the internet.
A real medical treatment that has already worked for countless people just like you and is covered by most insurance and medicare?

Can you imagine what it would feel like to be able to eliminate enough of your pain and stiffness so you can get out of bed without pain and go for walks and even do things like play golf or tennis?

How relieved would you be if you felt so much better that you no longer needed to go through total knee replacement surgery and all the grueling rehabilitation?

Sounds Too Good To Be True?

I'm glad we agree. It does sound too good to be true. That's because all patients react differently and get different results from **real medical treatments**.

That's also why no ethical doctor would promise or

guarantee ANY results... for ANY treatment. EVER.

In fact - if you do start hearing over-the-top, exaggerated claims like: "cure for knee arthritis" or "eliminates all pain" or "works for everyone" you should run like heck.

But the fact of the matter is: If you qualify for the treatment you are about to discover, there is a good chance you may be able to relieve some or much of your pain.

I know because thousands of knee arthritis sufferers... just like you... have already found the relief you are looking for.

And even better - this might work for you if your pain is new... or if you have advanced knee arthritis that has made it difficult to even walk.

Here's The Treatment And The Embarrassing Moment

The treatment is called viscosupplementation. If you have not heard of this treatment - I will explain how it might help you in just a moment. If you have heard of it - or even had this treatment without good results - this information is a "must read."

Here is why: When you have arthritis, one of the things that happens is the lubricating fluid in your joints depletes. This causes joint surfaces to rub, then grind against each other which causes swelling and pain eventually eating way at the cartilage.

Researchers have developed a natural lubricating gel that can be placed in the arthritic knee joint - this cushions and coats the joint allowing it to glide more smoothly which often decreases pain. Sometimes dramatically. Treatment with this special lubricating gel is called

Advanced Knee Arthritis Treatment Offers New Hope For Pain Sufferers In New York City



Nothing Spreads The Word Like Caring Doctors and Results - Knee arthritis sufferers have swarmed the OsteoRelief Center in Manhattan, NYC and Northern New Jersey ever since word got out of their advanced medical procedure for knee arthritis

Viscosupplementation.

This all sounds great - in theory. But there is a BIG problem with this treatment.

Allow Me To Explain...

While doing research on this treatment, I traveled to a medical clinic in New York City. This clinic had an excellent reputation and I got to speak not only with doctors but with several patients who raved and raved about the results.

Many said they had tried countless other treatments in the past... including viscosupplementation... but nothing worked until they had viscosupplementation at *this* clinic.

I was skeptical, so I asked one of the doctors why. How could it be possible that the same treatment that did not work when done elsewhere... was getting results when done here?

His response was honest and a little shocking. And the bottom line was...

All Doctors Are Human And Sometimes They Mess Up

I discovered that this treatment must be VERY

PRECISE. In other words, the doctor must be very accurate and actually get the lubricating fluid precisely into the arthritic joint space - or the treatment will be rendered useless.

Many doctors do not want to admit it - but it is very easy to miss the joint space and alter the treatment results.

In fact, research shows that doctors doing these types of joint procedures without advanced imaging may miss the joint space as much as 30% of the time.

Technology To The Rescue

Thankfully technology is solving this problem. How? It's making doctors much more accurate and this treatment much more effective.

Advanced imaging is now available that allows doctors to actually see directly into the joint space and watch the treatment. Doctors can see, or check, if the lubricating fluid goes directly into the joint space - or misses.

The doctor knows if the applied treatment has been a success... or failure... INSTANTLY.

The Difference Between Knee Arthritis Treatment?

Should Know... That Might Be Keeping You In Pain

Here's something incredible: I was able to watch many procedures actually being performed and I was shocked at how many times the doctor thought he had perfect placement... *but the imaging proved him wrong.*

I was amazed how only a *fraction of an inch* would make the difference between success and failure.

The best thing is: When the procedure was not perfect - because of the imaging - the doctor knew instantly and was able to make the slight change necessary and achieve the results they were looking for hitting the targeted painful knee joint.

“Double Confirmation” For Best Results

That's why the doctors at this clinic have taken it one giant

step further to give their patients the best. They do not just use one form of confirmation during treatment - they use two in their **“double confirmation”** process. This is to ensure patients get the best possible results.

It became clear to me that using this advanced imaging and “double confirmation” process just might be why the doctors at this medical clinic get results when others were not.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

Who Is This For?

This treatment is not for everyone - but if you qualify you may be able to relieve some or all of your pain. That's why OsteoRelief has a an innovation for you...

Your Invitation

OsteoRelief Centers offer a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center. If you would like a complimentary screening, just call **800-227-KNEE (5633)** and tell the scheduling expert who answers the phone, “I would like a complimentary knee arthritis screening.”

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and there is no further obligation. The best thing about this screening for so many is being able to breathe a big sigh of relief because you finally have hope to relieve your pain and get your life back

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Why A Fraction Of An Inch Can Be The Difference: Advanced imaging is used to “double confirm” placement of lubricating gel on the surface of the arthritic joint - giving the best possible chance to

Before Treatment

Painful Knee Joint
Riddled With Arthritis



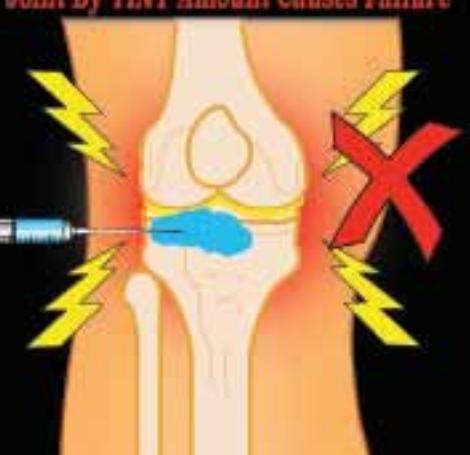
Successful Treatment

Exact Placement Of Lubricating Gel
When Using Advanced Imaging



Failed Treatment

Without Advanced Imaging Missing
Joint By TINY Amount Causes Failure



Fractions Of An Inch Can Be The Difference Between Success And Failure - Using The Most Advanced Digital Imaging Can Be The Difference Between Relieving Your Pain Or Continued Suffering

Get ready for President Lohan

What could make Kanye West's 2020 presidential bid seem even the least bit plausible? An even more absurd celebrity contender, that's what. Enter Lindsay Lohan, who took to Instagram this weekend to announce her intentions to run for president that year as well. "In 2020 I may run for president," she posted along with a photo of her at the 2012 White House Correspondent's Dinner, giving West an at-mention and everything. "The first thing I would like to do as president is take care of all of the children suffering in the world," she added with a photo of her and West together. "Queen Elizabeth showed me how by having me in her country." But bad news for Lohan, who turns 35 in July 2021, as she's actually constitutionally disqualified because she'll still be too young for the job.

ALL PHOTOS GETTY IMAGES



the word

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Justin Bieber talks about his manhood

Oh hey, were you hoping to hear more about that paparazzi photo of a completely naked Justin Bieber in Bora Bora? Well, while I sit over here concerned about you, allow me to scratch that itch: Bieber sat down with Billy Bush of "Access Hollywood" to discuss the invasive incident, and he couldn't help but kick things off with

a bit of boastful banter. "That was shrinkage for me," he said, because of course he did. "My first thing was like, how can they do this?" Bieber continued more seriously. "Like, I feel like I can't step outside and feel like I can go outside naked. You should feel comfortable in your own space. Especially that far away."

DAILY VIDEO



Democratic Debate on 'SNL'

Got 10 minutes? You could do worse than spend them watching the "Saturday Night Live" take on the first Democratic debate on CNN, where Alec Baldwin pops in as Jim Webb and Larry David steals the

show as Bernie Sanders. Yes, Kate McKinnon kills as usual as Hillary Clinton — "I think you're really going to like the Hillary Clinton team and I have created for this debate" — but David is an incredible Sanders. He might need to make time for some return appearances on "SNL" this season.

Rosie O'Donnell's latest 'View' headache

I'm guessing Rosie O'Donnell really wishes she'd never agreed to go back on "The View." O'Donnell, who left the chat show a second time in February, is now being sued by one of the show's former senior producers who claims O'Donnell slandered her and got her fired. In the lawsuit, Jennifer Shepard-Brookman claims that O'Donnell "accused Ms. Brookman of betraying professional and personal confidences and leaking sensitive information to the media" which led to her termination. That really does sound like a delightful place to work.



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You know what's wrong with Tavis Smiley? Absolutely nothing, that's what.



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I do this s— for my mama



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So, who are you going to be for Halloween this year?

Mayday Parade: Emo forever

Ten years later, Mayday Parade is still serving up fresh emo-pop with their new album, "Black Lines."

 **EMILY LAURENCE**
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It's a feat for any band to stay together for a decade, and Mayday Parade has made it with almost all its original members (Jason Lancaster left early on). We caught up with guitarist Alex Garcia to find out the secret of their longevity and to talk about their new album "Black Lines" and why it's cool to be emo.

Changing things up

Mayday Parade has kept a consistent level of success with their emo-pop rock songs, but Garcia says "Black Lines"

is a departure from their last four, though not a "transitional album," as it is sometimes being called in the press.

"There are still a lot of old Mayday Parade elements in there, but we used a lot more guitar effects than on the previous albums and experimented with different noises and song structures too," he tells us.

For the band, it was a welcome step outside their comfort zone, and one they think fans will appreciate. Derek Sanders' voice is pushed to the limit, covering a bigger range than in the past.

"Our single 'Keep in Mind, Transmogrification Is a New Technology' exemplifies that," Garcia says. "It starts off kind of quiet and eventually builds into a huge outro where he's at the top of his dynamic range and really pushing his voice to give it all that emotion."



Mayday Parade's new album, "Black Lines," came out Oct. 9. PROVIDED

More breakup songs

Emotion is something

Mayday Parade has used from the start, particularly with their lyrics. Though the music

may evolve, Garcia says their heartfelt lyrics are something they will never change.

"If we had lyrics that were very sterilized or silly and not coming from the heart, our fans wouldn't be as connected to the music," he says.

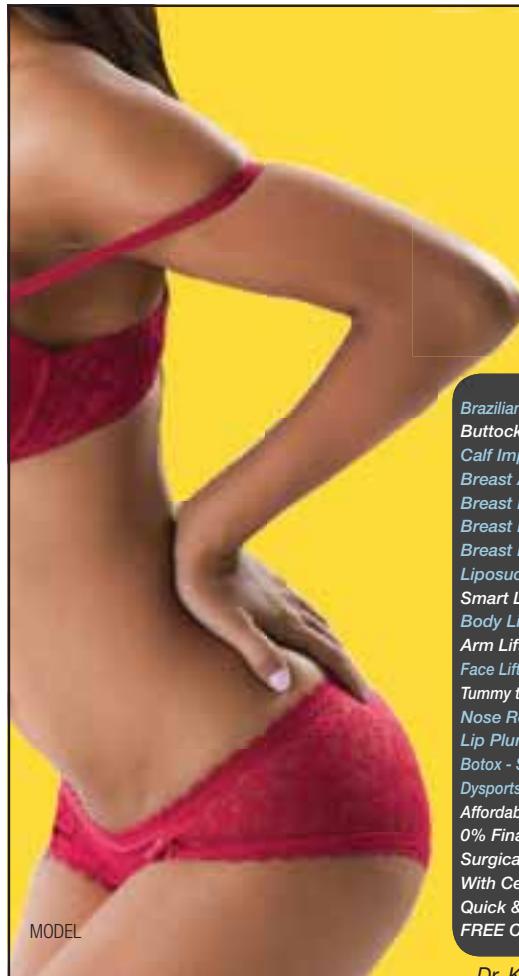
"For this genre more than some other genres, having lyrics people can relate to is important."

Not stopping anytime soon

Since the band lives spread out across the U.S., getting together to record and tour is a reunion they all look forward to.

"No one actually thought at the time that we would get this far when we started the band," Garcia says.

"The band is a total democracy, where everyone's opinion matters. There isn't one person trying to be more important than the others, which could cause resentment. ... We're all in it for the long haul."



FALL INTO THE NEW YOU

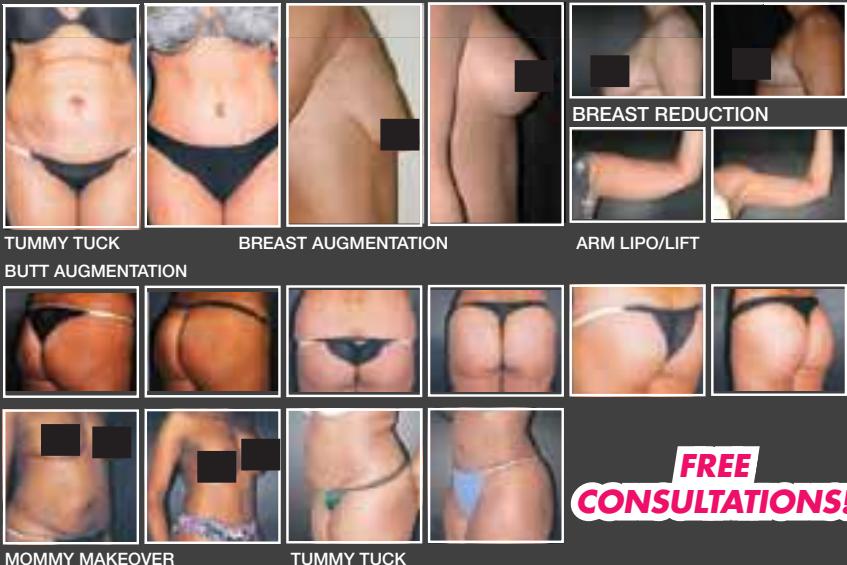
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Robe coats are big for fall. GETTY IMAGES

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TINA CHADHA
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We never want to say goodbye to lazing at the beach, rooftop drinks or open-toe shoes, but we can't deny our excitement for plush fall knits and the bold, attention-demanding outwear hitting stores right now. Here's a roundup of coats to keep you warm and chic until summer's back in sight.



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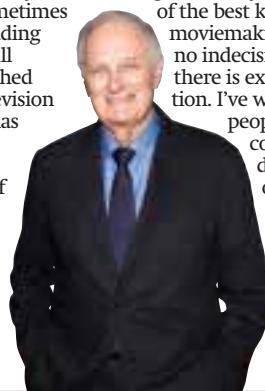
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Alan Alda meets Steven Spielberg

The legendary actor talks "Bridge of Spies" and its connections to "M*A*S*H."

 MATT PRIGGE
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matt.prigge@metro.us

Alan Alda and Steven Spielberg have a lot in common. For one thing, they've both been involved in work about war that portrays it simultaneously critically and humanely. Spielberg has films like "Saving Private Ryan," while Alda has 11 seasons of "M*A*S*H," which he not only starred in but also sometimes directed, including its finale — still the most watched episode in television history. Alda has a small role in Spielberg's new "Bridge of Spies," which follows an American lawyer (Tom Hanks) trying to negotiate a trade for spies on both



sides of the divide. But that's fine by him. He just wanted to watch a fellow director do his magic.

Given your interests, it seems like you and Spielberg would travel in the same circles. Had you known him long?

I bumped into him a couple times socially, but we didn't know each other really. One of the reasons I wanted to do this was I wanted to watch him work. It was really lovely to see. He's so in command of his own work and the whole process of moviemaking. You really get a view of the best kind of moviemaking. There's no indecision, but there is experimentation. I've worked with people who could only do things one way. If the set burned down they were lost. With him it's just an opportu-



{Alan Alda, left, stars with Tom Hanks and Amy Ryan in Steven Spielberg's "Bridge of Spies," in theaters now. JAAP BUITENDIJK/GETTY IMAGES

nity to make the most of what he has. He started shooting movies in his backyard when he was 10. So did I. But he made "E.T." before I did.

Both you and Spielberg have portrayed — in very different tones but with the same passion — war in ways that are critical of it and also deeply humanistic.

It's hard to ignore that. If you take a realistic view of it, there is heroism. There are people looking out for one another. But then there's the destruction of life. It's tragic that humans do that. If all you

do is focus on the heroism, then you don't take into account the danger to ourselves, the loss of feeling secure that you're doing the right thing if

you casually kill people you have nothing against. Somebody put up on Twitter — and I don't remember saying this and I don't know who wrote it — but on "M*A*S*H" someone said that war is hell. But war is worse than hell, because with hell, who goes to hell? The priest says, "The sinners, I guess." But in a way they all get killed — the innocent, the bystanders. Most of them are bystanders who get killed. That sounds worse. War is the only thing you can experience like hell on this side of death. I personally don't believe in hell, but war is worse than what they say hell is.

Harsh times

"Bridge of Spies" re-creates a period during the Cold War both you and Spielberg probably remember very well. What was it like returning to that scary time? Some of it is Steven's own experiences as a boy, like filling the bath tub. He told me that came from his life. It's hard to imagine what it was like. I wasn't a kid when you had to learn how to hide under your desk. I was older than he was. But I knew what it was like to hear about it at that time. Now it seems like so far from our experience that it's hard to understand what it was like for those kids who thought they might be incinerated, the way the Japanese kids were only a few years earlier. The pressure was not that they'd fight in some place and die for their country, but that you might disappear in an instant, or have a long, slow, painful death. We saw those pictures of Hiroshima and Nagasaki. It was a terrifying time to be in. People were building shelters in their backyard.

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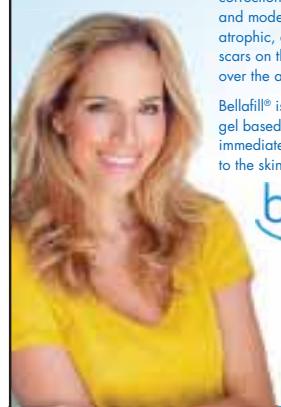
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'Geoffred Jemperla, et al., 'Artifill® Permanent Injectable for Soft Tissue Augmentation: 1. Mechanism of Action and Injection Techniques., Aesthetic Plast Surg 2010 Jun; 34(3):264-72.

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Crazy for you



Rachel Bloom lights up "Crazy Ex-Girlfriend," airing Mondays at 8 p.m. on The CW. GETTY IMAGES

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What's the craziest thing you've ever done to attract someone's attention?

"This is going to be a boring answer, but the craziest thing I've ever done is lie to myself. I've lied in my own diary, my own Internet journal, where it's like, 'Dear diary, I went to this restaurant tonight just because, like, I dunno, I was craving Thai

food.' Not even admitting to myself, 'No, you went to this restaurant so you could see the guy who works at this restaurant, and you're wearing your low-cut boobie top.' I think the lying to myself is the most pathetic thing I've ever done."

"She's someone who needs help. She absolutely does."

Bloom on her character, Rebecca

bers that are Rebecca's imagination of what the world around her should be.

"We've been tinkering with how much of a theater fan Rebecca is. But I definitely think theater is where her soul resides," says Bloom. Rebecca isn't exactly ready to admit that about herself, however. "I think she's bottled it because she's emotionally stifled. So it's the type of thing where she has Broadway CDs, and when she's alone she listens to them, but she wouldn't tell anybody."

Poor Josh, the guy who dumped her in high school, is in for some big surprises once Rebecca moves to town. "A lot of the tension in Season 1 is going to be why Rebecca tells herself she's in West Covina versus why she's really there," Bloom says, "and those two things are going to start to knock heads more and more." The "Crazy" in the title isn't meant to be taken lightly. Says Bloom, "She's someone who needs help. She absolutely does." While the pilot sees her proudly ditching some meds, that won't be the end of the issue: "We have a whole episode that we're planning that we're going to focus on her depression and her anxiety."

Rebecca isn't a total mess, though. Those attorney skills will still come in handy. "She never really got in touch with herself, but she's really good at her job," Bloom says. "When she goes to West Covina, she's going to be good at her job — so much so that she doesn't even think about it. She's just like, oh, right, XYZ, I'm going to go stalk Josh now," says Bloom.

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Northern exposure

Jeffrey Donovan heads to "Fargo" and wrestles with its infamous accent.



LISA WEIDENFELD
@LisaWeidenfeld
lisa.weidenfeld@metro.us

We're nearing the point where a Minnesota accent is becoming a little intimidating, thanks to the hard work of the "Fargo" universe. Jeffrey Donovan, best known for his work on "Burn Notice," appears as Dodd Gerhardt, one of a group of violent brothers trying to keep their organized crime empire afloat.

How tough is the accent to master?

It was one of the hardest I've ever done. And I had played Bobby Kennedy two years prior in "J. Edgar."

How does this season differ from the first one?



Jeffrey Donovan gets tough in Season 2 of "Fargo," tonight at 10 on FX. CHRIS LARGE/FX

The biggest difference [is] the literal difference, which is it's 30 years prior, late '70s — you know, 1979, after the Vietnam War when corporate commerce started to take over small businesses. I think that's going to show a very specific time in an odd place — you know, Fargo, North Dakota, and Luverne, Minnesota. But I think that the tone and the characters all feel like,

"Oh yeah, I'm in Fargo."

So Dodd will experience that through the lens of his unusual family business.
Oh yeah, and it's a big deal. And it's Dodd's really demented and damaged view on life that will rebel against big corporate America, and you'll see as the episodes come how violent that rebellion will be. Oh, it

gets bad. It gets more vicious and bloody than the first season.

Uh oh, maybe we shouldn't get too attached to Dodd.

You'll see. I don't want to give anything away because it's really good not to know. Because I think when you're going to watch the show, you're like, "Oh no, how did that happen?" There are some sad deaths, where I think the audience will be like, "They can't die! There's no way they just died!"

The Coen brothers do like to play with expectations about who will die.

And you know what's amazing about that? You feel like, "Oh, it could happen to me because it happened to her." It happened to a regular person, and that's what the Coens touch on — the big epic themes, but it feels like it could happen to us.



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Aries Relationship woes will prey on your mind. Working on a favorite hobby or attending a cultural or sporting event will be a welcome diversion.



Taurus Minor health issues are best dealt with quickly. Someone will try to change your mind when it comes to a career choice.



Gemini Trying to do too much at once will wear you down. A younger friend or family member will offer an alternative answer to a personal problem.



Cancer Everyone will want to share his or her story with you today. Avoid complainers and whiners if you expect to get any work done.



Leo Financial gains look promising if you search for an outlet that supports your innovative ideas. You will learn plenty if you ask for marketing ideas.



Virgo Procrastination won't put you in a position to advance. You'll be overlooked if you don't speak up. Act when the right opportunity presents itself.



Libra Expect to face emotional challenges. Someone will try to appropriate your ideas or projects and take credit for them.



Scorpio Delays in traffic or communications will test your patience. Make sure you have all your documents in order when dealing with agencies.



Sagittarius Follow your passion. Participating in a cause that concerns you will put you in touch with like-minded, compatible individuals.



Capricorn Broken promises will cause discord. Be true to your word. Complete household responsibilities so you don't end up in a dispute.



Aquarius A change in direction is imminent. Group functions will spark your imagination. If you network, you will meet someone impactful.



Pisces Someone will ask you for advice. Keep your personal opinion out of the equation and stick to the facts if you intend to make suggestions. **EUGENIA LAST**

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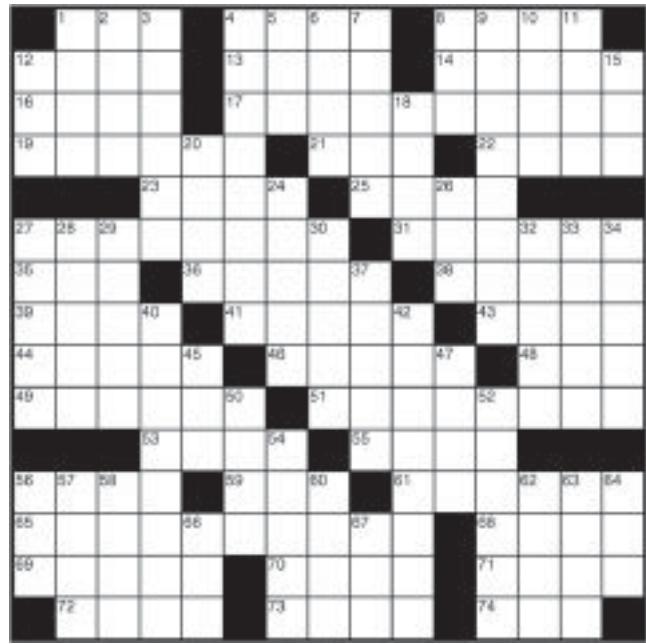
easy

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2	6	4					
8	9	3	6		1		
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hard

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8	4		5	1			
7			9		3	5	
			6				
4	3	8			6	5	9
			5				

metro.us/crossword



Across

1 Golly!
4 Gourmet mush-rooms
8 Cyclist — LeMond
12 Felt boots
13 Jai —
14 Kind of rocket
16 Impolite sound
17 Good news for Aspen (2 wds.)
19 Miner's trough
21 Villain — Luthor
22 Acorn droppers
23 Countess's spouse
25 The "Elephant Boy"
27 Doubt
31 Cave art
35 Einstein's home-town
36 Beginning
38 Toss out
39 24-hr. tellers
41 Bicycle parts
43 Omani title
44 Thin pancake
46 Makes a move
48 Cinnabar, e.g.
49 Dojo activity
51 Kind of town (hyph.)
53 Shankar the sitarist
55 Rostrum
56 Exec degrees
59 MS readers

61 Flairs
65 Improbable wishes (2 wds.)
68 People, informally
69 Fresco base
70 Baseball family name
71 Raison d' —
72 Hockey goals
73 Bounce along
74 Shark habitat

Down

1 Ancient France
2 Tan shade
3 Glimpses
4 Frisking about
5 "Xanadu" gp.
6 Ratchet bar
7 Agrees with
8 Canine warning
9 Asset
10 Sight from Messina
11 Feel empathy
12 "NOVA" channel
15 Cries of pain
18 Academic hurdle
20 Roman censor
24 Fails to place
26 Urban transport
27 Phony doc
28 Extremely
29 Wheat variety
30 Cool!
32 Armadillo's protec-

tion
33 Dens
34 Binge
35 Shankar the sitarist
36 Beginning
38 Toss out
39 24-hr. tellers
41 Bicycle parts
43 Omani title
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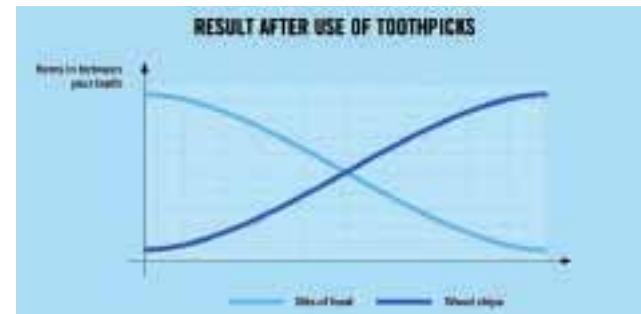
47 Climb a pole
50 Even once
52 Inedible oranges
54 Hunches
56 Auto info
57 Well, to Yves
58 Cathedral part

60 Polio vaccine inventor
62 Winsome
63 Sedgwick of film
64 NW opposite
66 Two, in Tijuana
67 Miss Piggy's word

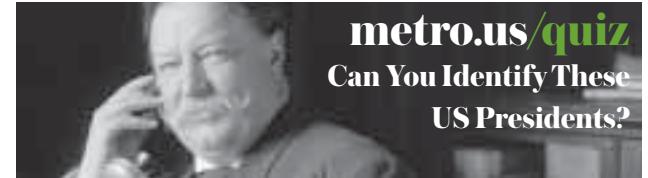
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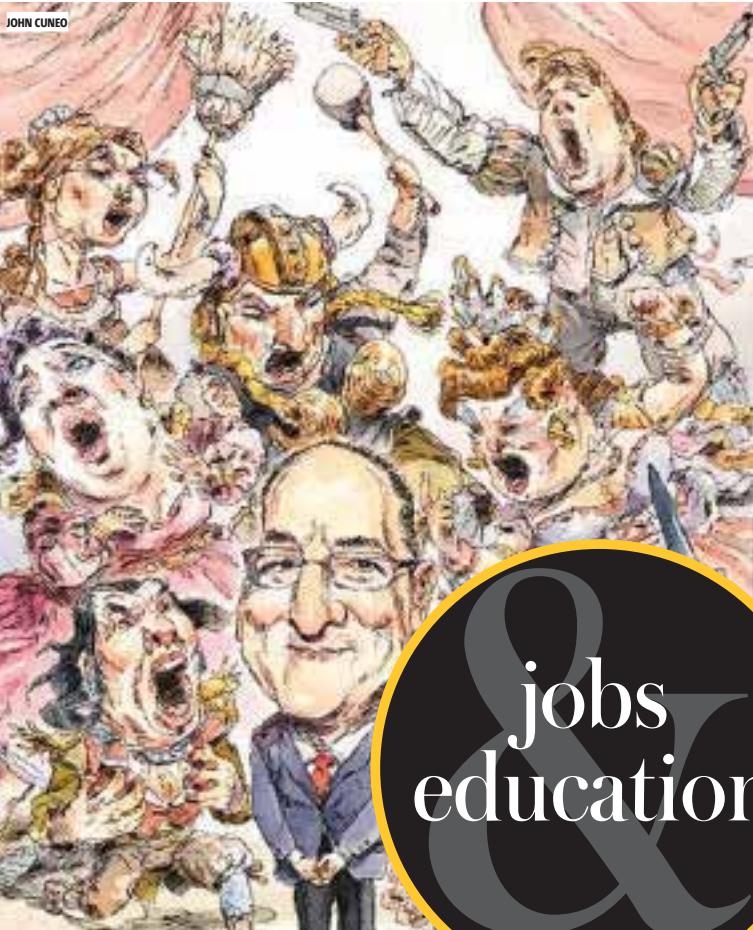
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A preparatory sketch and finished product of a Milton Glaser illustration. **MILTON GLASER INC.**

Why failure is important to creativity

A new exhibition explores the virtues of messing up.



RAQUEL LANERI
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"There are very few people in the world who come up with great ideas immediately and go and produce them," says Jim Fitts, visiting professor of graphic design at Mount Ida College, in Newton, Mass. "I'm not sure anyone can do that."

Yet Fitts noticed that his graphic design students stopped themselves from coming up with "bad" ideas and outrageous experiments that are so important to creativity and innovation. Which is why he and fellow Mount Ida professor Alison Poor-Donahue organized an exhibition for them called "Permission to Fail," which opens today at the college.

From the time our parents send us off to school, we're constantly being told not to fail. Whether it's getting into an Ivy League school, landing a job not too long after graduation, entering into a marriage, raising a kid or excelling at a job, we feel the pressure to be the best, or, at the very least, not mess up.

But such preciousness might be hindering us professionally, creatively and in life. In fact, some of the greatest innovators and thinkers — such as the late Apple visionary Steve Jobs and goddess of everything Oprah Winfrey — have extolled the values of failure, saying their proudest achievements often come from mistakes.

The curators reached out to 50 designers, illustrators and photographers around the world, and 30 have loaned their preliminary notebooks, sketches and photographs, showing the many iterations and detours it takes to come up with something truly great.

Among the biggest participants: Milton Glaser, who created such iconic images as the I Heart NY logo, the famed psychedelic Bob Dylan poster and that groovy, kaleidoscopic last-season "Mad Men" poster.

Yet, failure isn't just good for art: It makes all of us sharper thinkers and more agile problem-solvers. And it gives us the ability to actually do stuff, as opposed to letting our fear paralyze us. "Even Leonardo da Vinci [failed] before making his masterpieces — he started out doodling and drawing and working through a couple of different concepts before they start to do the final product," Fitts says.

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What collegians don't know about drinking

Why aren't students better educated about substance-use risks?

According to a survey, college students are less likely than their non-college peers to be warned by doctors about the dangers of substance abuse or alcohol.

Yet young people in college more often report binge drinking or driving under the influence than those who are not in college. That college students aren't being advised about these risks is cause for concern, the researchers wrote in a letter to *JAMA Pediatrics*.

The results were surprising, says Dr. Ralph Hingson of the National Institute on Alcohol Abuse and Alcoholism, a co-author of the research letter.

There is compelling evidence that brief screening and intervention in the doctor's office reduces alcohol problems in young people, Hingson told Reuters.

"[But] they don't always happen because providers, physicians, nurses and social workers don't routinely ask every young person about their drinking, drug use or smoking," he says.

Researchers had been following a representative group of more than 2,000 U.S. students in public, private or parochial high schools, starting in 2009 when the students were in 10th grade. They were resurveyed every year through 2012 and 2013, when they were one year past high school graduation.

On the annual surveys, the students answered questions about whether they had seen a doctor during the previous year and if they had been counseled about their drinking, smoking or drug use.

By one year after high school, 42 percent of the participants were enrolled in a four-year college, 25 percent in community college and 33 percent were not enrolled in any college.

About 75 percent of

those in a two- or four-year college said they had seen a doctor during the previous year, compared with 65 percent of those not enrolled.

More than 70 percent of those in every group had been asked about drinking, smoking or drug use, but less than half of those in a two- or four-year college had been advised about the risks of these behaviors, compared with 53 percent to 57 percent of those not enrolled in college.

Among frequent substance users — that is, participants who drank, smoked or used drugs at least six times a month — those who were not in college were more likely to be advised to reduce or stop these activities than those enrolled in college.

Only about 20 percent of participants were advised to reduce or stop their drinking, smoking or drug use, according to the surveys. Meanwhile, more than 30 percent were advised to get more exercise, improve their nutrition or avoid pregnancy or avoid sexually transmitted diseases.

"Despite consistent evidence of the effectiveness of brief alcohol counseling, only a small percentage of young adults are actually receiving brief alcohol counseling from their physicians," says Emily E. Tanner-Smith of Vanderbilt University, who was not part of the study.

In some cases, doctors may be uncomfortable bringing up substance use, but when doctors don't ask about drinking, smoking or drug use "that sends a message" about how important they think the problem is, Hingson says.

The college transition is a key point to target young people with alcohol and drug use interventions, he says.

"Screening and advice regarding health risk behaviors including alcohol and drug use should be part of routine care prior to matriculation," Scott-Sheldon says. REUTERS



Though college students drink more than their non-college peers, they aren't as well-educated about the risks involved. CREDIT

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In Philadelphia, more than 5,000 students in grades K-12 attend a Pennsylvania cyber charter school. That is, they forgo the brick-and-mortar school for the virtual world, taking classes online.

While more and more people are getting college degrees online, you don't often hear about grade- and high-schoolers doing their learning in front of a computer.

Yet, says Andrew R. Campanella, president of National School Choice Week, these kinds of programs — unlike their higher-ed counterparts, which can sometimes be scams — are all accredited and highly regulated by the state. "It's a great option for students who want to set their own pace, or whose scheduling doesn't allow for a typical 8-to-4, Monday-through-Friday school week," he says.

In cyber schools, all direct instruction is provided online or in a virtual environment. That doesn't mean they can't offer extracurriculars or other supplemental services at a physical location. "These schools are absolutely required to meet the requirements of a student's individualized educational program for students with disabilities," says Dawnlynne Kacer, executive director of the Charter Schools Office in Philadelphia. "They are also able to provide tutoring services in a physical

location, as well as any special programming, so that would be your arts or your music."

The idea of letting a tween or teen take charge of their own education and leave the social environment of the classroom can be, well, scary. We asked Campanella and Kacer which students might benefit from going online.

The hyper-advanced

There are seventh graders who can perform math at a 12th grade level, but most of them aren't given the opportunity inside the classroom. "I don't know of any K-through-8s in the city that offer calculus," says Kacer.

In the past, advanced students would have been bused to the nearest high school or college for classes, taking time away from other subjects. Online learning can allow advanced students to take courses more suited to their level without such hassle.

The student who excels at one subject but struggles in another

Sometimes a student who can do calculus at age 12 can struggle with reading "To Kill a Mockingbird" or other books that are often assigned at their grade level. Picking and choosing different classes at various grade levels is

one of the upsides of an online education, both challenging the student in the subjects that she finds too easy and giving her extra attention in those with which she struggles.

The extracurricular enthusiast

Students who are on certain professional tracks — whether to be an Olympic athlete, a concert violinist or an actor — have to miss a lot of school because of travel, work or training.

"It's logically difficult for these students to be in the same school building Monday through Friday," says Kacer. Cyber learning may give students who might otherwise be constantly missing school and being intermittently in touch with their teachers the stability and flexibility they need to complete their education.

The person with an inconsistent schedule

Then there are the students who because of an illness, a sick relative, a family problem or a job can't make it to school because of more immediate responsibilities, last-minute emergencies or other commitments. Instead of being punished for missing yet another day, they can do their schoolwork on their own time through taking courses online.

Top of the order lifts Mets

The Mets got early production from the heart of their batting order and seized a 2-0 series lead with Sunday's win.

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The Mets got off to a fast start and didn't look back, tallying four runs early, all produced by their top four hitters en route to a 4-1 Game 2 victory in the NLCS.

Noah Syndergaard pitched very well into the sixth before letting the Mets bullpen do the rest, giving New York a commanding series lead, as the pen set up Jeurys Familia to shut the door and clinch an impressive win.

David Wright slammed a double deep to center in the first to get the Mets on the board early, plating Curtis Granderson. Red-hot Daniel Murphy added an exclamation point (to the first inning), blasting

a two-run homer off Cubs ace Jake Arrieta to put New York up 3-0 all before a second out was even recorded in the game.

The Mets added to their lead with a little small ball, manufacturing a fourth run after a Granderson stolen gave Yoenis Cespedes an RBI opportunity. He seized it with an infield single to put New York ahead 4-0 (though they would strand two at the end of

the third). Chicago mounted its first real threat in the top of the sixth, with Dexter Fowler reaching on a single and advancing to second on a wild pitch. The Cubs took advantage

as Kris Bryant hit a deep double to left field to get the North Side boys on the board, trailing 4-1 (and knocking Syndergaard out of the game in the process). Jonathan Niese came out of the



Daniel Murphy (2 for 3, 2 RBI HR and BB Sunday) has been the Mets' go-to guy on offense all postseason long. GETTY IMAGES

Clash of the starters

A quick look at how each of Game 2's starters fared, two of the best hurlers in the entire NL:

- Jake Arrieta, Cubs: 5 innings pitched, 4 earned runs allowed, 4 hits allowed, 8 strikeouts
- Noah Syndergaard, Mets: 5.2 innings pitched, 1 run allowed, 3 hits allowed, 9 strikeouts

bullpen to strike out Anthony Rizzo to minimize the damage.

Now leading the series 2-0, the Mets have kept their home-field advantage. No matter what happens in Chicago later this week, New York will have the opportunity to close out the series at home, if need be.

Only three teams have ever come back from a 2-0 deficit in the ALCS or NLCS (the 1985 Royals and Cardinals, the 2004 Red Sox). The Cubs hope to be the fourth when things swing to the midwest Tuesday.

Ivory shines as Jets roll over 'Skins

The Jets improved to 4-1 on the season and will face the rival Patriots next Sunday.

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The Jets came off their bye week rested and recharged — and needed every bit of that energy early on — as they toppled the Redskins, 34-20 Sunday.

Led by a strong rushing attack and an opportunistic defense that forced Washington to wilt in the second half, the Jets (4-1) have proven themselves to be a legitimate player in the AFC playoff race.

Washington (2-4) just couldn't get anything going offensively, especially on the ground, as it was smashed, 221-34, in rushing yards. That ineffectiveness forced quarterback Kirk Cousins



The Jets are right in the mix in the AFC East alongside the Patriots. GETTY IMAGES

(25 of 43 for 196 yards, one touchdown, and two interceptions) to make plays through the air, and that proved to be the downturn for a Washington offense that is built on the run.

1 Mr. Everything

The Jets may be under a new regime, but they evoked the old ground-and-pound philosophy when they centered their game-plan around the versatile Chris Ivory. The multifaceted running back had 146 rushing yards on 20 carries and a touchdown, and chipped in three catches for 50 yards on three targets. Ivory was a tone-setter for the Jets, as he helped the offense outgain Washington, 474-225. It was the first time Ivory notched consecutive 100-yard rushing performances.

2 Second-half team

They might've played sleepily in the first half,

but the Jets came out of the halftime locker room roaring, out-scoring Washington, 17-0, in the third quarter. New York forced two turnovers in the stanza to take command of the game, as it got touchdowns by wideout Brandon Marshall and quarterback Ryan Fitzpatrick — the highlight featuring the former who bullied Washington's secondary. Fitzpatrick hooked up with Marshall on a beautiful 35-yard touchdown when he beat cornerback Bashaud Breeland. Fitzpatrick also showed his wares as a runner when he scampered for 18 yards for the score, immediately following a Darrelle Revis interception. The sequence was a microcosm for Washington which played their customary part of third-quarter patsies, as the continued their trend of being outscored in that quarter. They've now been outpaced, 34-0, in that quarter.

3 No 'mo Geno

It's already been established that this is Fitzpatrick's team going forward, but if there was any hope the veteran would relinquish the starting gig, it was doused on Sunday. Fitzpatrick has been a calming influence on offense, and is on pace to statistically have one of the franchise's top-five seasons ever. He finished 19 of 26 for 253 yards, two touchdowns, including spreading the ball to six different targets, and was so tuned in that he would've also been the leading rusher on Washington, as he added 31 yards on the ground. He threw a pick — an impressive individual play by Breeland — but even when Washington kept things close and challenged, Fitzpatrick coolly kept the offense composed and led four scoring drives (three touchdowns) in the second half.

3 Things to watch for as Giants invade Philly Monday night

The Giants will look to gain some division separation when they face the Eagles.

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The Giants had an extra day to prepare for their bitter NFC East rivals, the Philadelphia Eagles, and they certainly needed it considering how beat up they are.

As many as 11 players made the injury report this week, meaning there may be a lot of unfamiliar names having important roles on Monday (8:30 p.m., ESPN). That could be a daunting task for the Giants (3-2), as the Eagles (2-3) are coming



Odell Beckham Jr. had 14 receptions total in two games against the Eagles last season. GETTY IMAGES

off a 39-17 Week 5 win over the New Orleans Saints in which they finally pieced together a complete game.

1 'NEXT MEN' ARE UP

Head coach Tom Coughlin often likes to spout his "next man up" mantra, and tonight may be the most accurate use yet this season. Their injury report is as lengthy as it's been all season — and that's not even counting the usual suspects like wideout Victor Cruz and defensive end Jason Pierre-Paul. Among the key names on the injury report are cornerback Prince Amukamara (pectoral) and linebacker

Devon Kennard (hamstring), who are both out for this game. Other banged-up players include defensive end Robert Ayers Jr. (hamstring), linebackers Jonathan Casillas (calf) and Jon Beason (concussion), cornerback Trumaine McBride (illness/groin), and wideout Odell Beckham Jr. (hamstring).

2 GET AT SAM

The Giants are bracing for Philadelphia's breakneck pace, so it's imperative they disrupt that timing and uptempo attack by applying as much pressure as possible on quarterback Sam Bradford. That's a very attainable goal considering the Eagles' signal

caller has been dumped seven times this season and the offensive line has struggled to maintain consistency. Bradford has also shown a penchant for giving up big plays this season, as last week he threw two red-zone interceptions in the first half alone.

3 START FAST

Philadelphia scorched the Saints for 39 points, but that might've been an aberration as it was 15 more points than their next closest 2015 output. During their two wins, they were up at the half, 24-7 and 10-7, respectively, but in their three losses they totaled just three points in the first half.

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